

OLD AS YOU WANT TO BE: STUDY FINDS MOST SENIORS FEEL YOUNGER

That is one of the findings of a study forthcoming in the *Journals of Gerontology: Psychological Science*. The researchers analyzed the responses of 516 men and women age 70 and older who participated in the Berlin Aging Study, tracking how their perceptions about age and their satisfaction with aging changed over a six-year period. "People generally felt quite a bit younger than they actually were, and they also showed relatively high levels of satisfaction with aging over the time period studied," said Jacqui Smith, a psychologist at the University of Michigan Institute for Social Research (ISR). Smith conducted the study with colleagues Anna Kleinspehn-Ammerlahn and Dana Kotter-Gruehn at the Max Planck Institute for Human Development in Berlin. "We examined individual changes over time, and expected the gap to increase. But we were surprised to find that it was maintained, on average. Perhaps feeling about 13 years younger is an optimal illusion in old age," Smith said. Smith and colleagues found that some of the oldest participants did feel even younger over time. But poor health reduced the gap between felt age and actual age. The researchers also assessed how old people thought they looked, asking them: "How old do you feel when you look at yourself in a mirror?" They responded by selecting an age on a scale that ranged from 0 to 120



years. In general, at the start of the study people said they looked about 10 years younger than they were. By the end of the study, this gap had narrowed; people felt they looked only about seven years younger than their chronological age. In general, women perceived their appearance as being closer to their actual age, Smith said. "Women saw themselves as about four years older than their male peers," she said. "There are several likely reasons for this gender gap in subjective physical age. One is that women may be more aware of their appearance than men, es-

pecially given the negative stereotypes of older bodies." According to Smith, examining changes in how people feel about the aging process in old age can provide important indicators about the resilience and vitality of the older self. In unpublished research based on the Berlin Aging Study, she and colleagues have found that people who feel younger are less likely to die than those who don't, given the same level of chronological age and equivalent physical health. "Feeling positive about getting older may well be associated with remaining active and experiencing better health in old age," she said. So come on down to the Senior Center and stay active... you'll feel younger! Article Resource – Daine Swanbrow, University of Michigan, Back to EurekAlert!

– Gail Lynn, Senior Center Manager

May | News & Features

Fresh, Canned or Frozen–Get the Most from Your Fruits and Vegetables

–by Jack Risley, Recreation Supervisor

When it comes to buying fruits and vegetables, many factors play a role in which types consumers choose, including nutritional value. I would like to share an article from the American Dietetic Association with you. They say no matter what form they take–fresh, frozen, canned or dried–fruits and vegetables are good-for-you foods that can be enjoyed at any time. Here are ideas for getting the most from your fruits and vegetables, no matter what form they take:

For canned fruits and vegetables

- Get the juice.
For canned fruit, look for descriptions on the label like “packed in its own juices,” “packed in fruit juice,” “unsweetened” or “in syrup.” Fruits packed in juices contain less added sugar and fewer calories than fruits packed in syrup.
- Pinch the salt.
If you are cutting back on sodium, look for descriptions such as “no salt added” and “reduced sodium” on the labels of canned vegetables.
- Savor the flavor.
Use canned fruits and vegetables immediately after opening for maximum flavor and nutritional value.

For frozen varieties

- Forgo the fat.
When buying frozen vegetables, control fat and calories by choosing plain vegetables or those made with low-fat sauces.
- Check the label.
Frozen fruits come in both sweetened and unsweetened varieties, so make sure to check the label and choose unsweetened if you are limiting your sugar intake. Frozen fruit bars also make a nutritious snack, but read the label to learn if they’re made with real fruit juice.



Dried fruits

- Pick the plain.
Dried fruit contains lots of fiber, vitamins A and C, potassium and folate, but also more calories per serving than fresh fruit because of natural and sometimes added sugar. Also, some dried fruits are preserved with sulfite, which can trigger allergic reactions. So read the package label to make sure your choice is in line with your healthful and safe eating plan.
- Have a handful.
Dried fruit is a great portable snack. It can also jazz up salads, pancakes, bread recipes or a bowl of cereal.

Senior Special Events

May

* COMPUTER CLASSES

BRAIN FITNESS LAB & INSIGHT

The Brain Fitness program improves memory by an average of 10 years, speeds up auditory processing by 131%, creates changes that can be measured in clinical assessments-and that 3 of 4 people notice benefits in their everyday lives.

InSight speeds up the brain's visual processing, improving the quality and quantity of the information your brain absorbs from your eyes. What this means is that you notice more, react to it faster, and keep it in mind longer-making you sharper, quicker, at the top of your game.

New sessions for each class begin
June 1, 2010 – 40 sessions, \$100R/\$110N

COMPUTER LITERACY:

Beginning June 2, 2010–4 sessions, \$56R/\$66N

INTRO TO EXCEL:

Beginning June 7, 2010–4 sessions, \$56R/\$66N

THE COMPUTER WORKSHOP:

Beginning June 3, 2010–4 sessions, \$56R/\$66N

FILES/FOLDERS AND E-MAIL/ATTACHMENTS:

Beginning June 1, 2010–4 sessions, \$56R/\$66N

INTERNET ON YOUR TELEVISION!:

Beginning June 4, 2010–4 sessions, \$56R/\$66N

WHAT'S HAPPENING ON THE INTERNET:

Beginning June 4, 2010–4 sessions, \$56R/\$66N

WORD 2007 INTRODUCTION:

Beginning June 1, 2010–4 sessions, \$56R/\$66N

* PROFESSIONAL SERVICES

Were you aware of all the services we offer here at the Carlsbad Senior Center? Call the front desk at 760-602-4650 for details on any of the programs listed below. *All services free, unless otherwise indicated.*

BLOOD PRESSURE/CHOLESTEROL/GLUCOSE

SCREENINGS: Tuesdays, 8:30 to 11 a.m.

No appointment necessary. Required fasting starting at midnight on the night before the test.

CHAIR MASSAGE: 3rd Thursday, 9 a.m. to 12 p.m.

\$5 for 15 minutes. Call for an appointment.

AARP DRIVING CLASSES: 3rd & 4th Thursdays.

Emphasizes how to adjust your driving in response to aging. Offered monthly for \$12/ AARP members, \$14/non AARP members. Call for a reservation.

HEARING SCREENING: 1st Wednesdays, 9:30 to 10:30 a.m. Drop-in. Offered by Clear Choice Hearing Aid Center.

HICAP HEALTH INSURANCE COUNSELING:

1st Friday, 1 to 3 p.m.

3rd Wednesday, 1 to 3 p.m.

3rd Friday, 1 to 3 p.m.

4th Friday, 9 to 11 a.m.

Call HICAP for an appointment 1-800-434-0222.

INDIVIDUAL DIETARY PLANNING:

1st Thursday, 9:30 a.m. to 11:30 a.m.

Registered dietitian. Call for an appointment.

ELDER LAW & ADVOCACY LEGAL SERVICES:

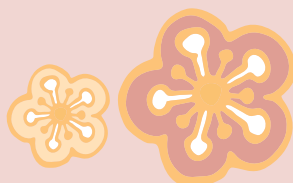
1st & 3rd Tuesdays, 9:30 a.m. to 12:30 p.m.

Call 760-439-2535 x205 for an appointment.

SENIOR CENTER RESOURCE ROOM:

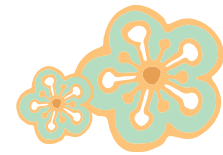
Open Daily 8 a.m. to 5 p.m.

Helpful brochures and pamphlets on services and products available for seniors. Gather and research what best suits your needs.



May

Senior Specials



Meet the Artist

TWAN-ASTROPHOTOGRAPHIC EXHIBIT

Exhibit: America the Beautiful
Monday, May 3, from 2 to 4 p.m.
Carlsbad Senior Center Activity Room

We are pleased to announce a special exhibit of photographs from TWAN (The World at Night) during the month of May. TWAN is a remarkable special exhibit of night sky photos from World Heritage Sites and other global locations that highlights the interconnectedness of earth and space. TWAN has affiliations with the International Year of Astronomy in conjunction with UNESCO, Astronomers Without Borders, the International Astronomical Union, and the International Dark Sky Association. Samples of older and current photographs are available on the TWAN website: www.twanight.org.

Award-winning photographer and member of the TWAN group, Wally Pacholka, will present a slide show of his collection of sky photos in National Parks and Landmarks in the United States titled: America the Beautiful. He specializes in astrophotography of US national parks and natural landmarks. His celestial photographs have won awards from Time Magazine's Picture-of-the-Year in 1997 and 2003, Life Magazine's Picture-of-the-Year in 2003, and selection by NASA of about 35 of his photos (a world record for an individual photographer) as Astronomy Pictures of the Day. His work has appeared in National Geographic, Newsweek, and Encyclopaedia Britannica, is featured in three pages in Life's Hidden America (2009), and is included in World's Best Astro-Photography. In addition, he is a cruise ship speaker

during Panama Canal cruises involving a total lunar eclipse and Geminid Meteor shower.

We invite you to this special Meet the Artist presentation, and ask you to RSVP at 760 602-4650.



MONTHLY DANCE



WHO: Jerry James & Sound Investment
WHEN: Thursday, May 6, 2010 / 1:30 to 3:30 p.m.
WHERE: Carlsbad Senior Center Auditorium

Come and join us for great dancing with a great band! Jerry James & Sound Investment plays all the great dance tunes that you know and love. It's a terrific way to stay fit and be social! We will have refreshments and a drawing for prizes, all for just \$3. Refreshments and prizes sponsored by **Belmont Senior Living**.

MONTHLY MOVIE



WHAT: Funny Face
WHEN: Thursday, May 13, 2010 / 1 to 3 p.m.
WHERE: Carlsbad Senior Center Auditorium

Fred Astaire's inimitable dancing feet come full circle in George and Ira Gershwin's airy 1957 musical gambol about high-fashion photography in Paris, co-starring Audrey Hepburn as a newly discovered fashion model. Paris (and Hepburn) have rarely looked better thanks to Ray June's luminous cinematography, and the classic score includes songs such as "S Wonderful," "He Loves and She Loves" and the title tune. (Netflix summary)

WOMEN, RETIREMENT AND THE POWER IN AGING

WHO: Patrick Davis, MSW
WHEN: Thursday, May 13, 2010 / 6:30 to 8:30 p.m.
WHERE: Carlsbad Senior Center Activity Room

Having achieved higher education, more freedom, full partnership in human affairs, greater influence in the workplace, and traveling different paths into retirement, Baby Boomer women will experience aging, retirement and longevity differently than women in previous generations. How will these women change our view of aging . . . the face of retirement? What influence will the mature woman have on our social structure, communities and relationships? Join us to explore these questions and examine goals of others that use the power of aging to make a difference.

Senior Specials



May

ASK THE NURSE SESSIONS

WHO: Eileen Vincent, RN

WHEN: Friday, May 14, 2010 / 9 a.m. to 12 p.m. &
Friday, May 21, 2010 / 9 a.m. to 12 p.m.

WHERE: Carlsbad Senior Center Room 119

"Ask the Nurse" will be available for seniors to answer medically-related questions regarding a diagnosis, prescription, or conditions. Eileen Vincent has been a registered nurse for 35 years, and a volunteer here at the Carlsbad Senior Center for over four years. She will be available to discuss and perhaps offer more insight that may be pertinent to your particular health issues or concerns. Drop in for this free, brief, one-on-one session with an RN.

WRITERS GROUP - SPECIAL VISITORS DAY

WHEN: Monday, May 17, 2010 / 9 to 11 a.m.

WHERE: Carlsbad Senior Center Art Room

The Writers Group attendees write stories about family history, WW II adventures, childhood memories, business experiences and more. Some of the members write poetry and others have had their works published. At this special meeting we would like to invite first-time attendees to come and share a five to ten minute story that you have written. The class provides an open forum in which everyone is encouraged to share their work. Free.

CARLSBAD CHORALEERS - SPRING PERFORMANCE

WHEN: Thursday, May 20, 2010 / 1 to 2 p.m.

WHERE: Carlsbad Senior Center Auditorium

Please join us for this special Spring performance with the Carlsbad Choraleers. They are a favorite here at the Senior Center and this is a show you shouldn't miss. Spring is here, the flowers are blooming and everyone needs a "song in their heart!" Admittance is free, but come early to get a good seat.

FENG SHUI, AN INTRODUCTION - TIPS FOR A HEALTHY LOOK AT 2010

WHO: Kim Nguyen, Environmental Feng Shui

WHEN: Tuesday, May 25, 2010 / 10 to 11:30 a.m.

WHERE: Carlsbad Senior Center Activity Room

Traditional feng shui dates back to the Tang Dynasty (618-907 AD). Feng shui (pronounced "fung shway") is the ancient Chinese practice of configuring home or work environments to promote health, happiness, and prosperity. There are 1000s of things in our environment that affect our mood, behavior, health, and things that we can or cannot see that has an impact on us. Learn about how this body of knowledge affects the health and fortunes of people and businesses. **Part one of a three-part series.**

NATIONAL SENIOR HEALTH & FITNESS DAY- ONE MILE WALK

WHEN: Wednesday, May 26, 2010 / 9:30 to 11:30 a.m.

WHERE: Pine Avenue Park

Come and join us for our annual One-Mile Walk for Senior Health and Fitness Day. This is the 17th Annual National Senior Health & Fitness Day. There will be more than 1,000 local sites across the United States – all on the same day – Wednesday, May 26, 2010. The National Senior Health & Fitness Day is always held on the last Wednesday of the month of May. This is the nation's largest health promotion event for older adults. Bring your friends for this fun, free event.

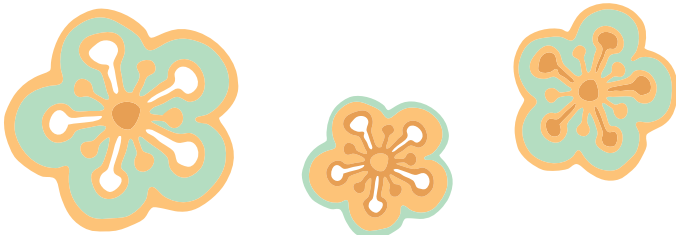
IMPORTANT/DIFFICULT CONVERSATIONS SEMINAR

WHO: Patrick Davis, MSW

WHEN: Thursday, May 27, 2010 / 6:30 to 8:30 p.m.

WHERE: Carlsbad Senior Center Activity Room

As America grays, important questions about the quality and quantity of life are on the minds of many of us. The inquiry on how, what, when and where to open a dialogue with your family members and loved ones on end-of-life considerations are more relevant than ever. This lecture will explore the changing views of death and dying in America, and how to talk about and prepare for the inevitable. Patrick Davis, MSW, will present valuable communication techniques, how to use assessment tools, and offer easy-to-follow rules of engagement.



May

New Classes



NEW

CERAMICS & POTTERY

Students will learn and incorporate the methods for building clay vessels with simple tools, clay and water, and will work at their own pace. Create individual projects each week such as garden art, flowerpots, teapots, platters, birdhouses and sculpture portraits. Some specific projects will be encouraged for more advanced students. All ceramic work will be kiln-fired and painted with non-toxic glazes. Potter wheels are not available at this facility. Instructor Christine Boulos owned a freelance design and fine art company and has taught classes to students of all ages. No previous experience is necessary. Five classes beginning Wednesday, April 21, 2010 from 9:30 to 11:30 a.m. in the Art Studio with an open lab Fridays from 1 to 4 p.m. for enrolled students. \$48 residents/\$58NR. \$24 materials fee. Call 760-602-4650 to register.

NEW

SIMPLY COOKING FOR THE FUN OF IT!

WHO: Steve Pettersen

WHEN: Wednesday, May 19, 2010 / 3 to 4:30 p.m.

WHERE: Carlsbad Senior Center Kitchen

Attention home chefs, it's time to "get our sauces on!" The highest paid chef in a busy French kitchen is known as the "Saucier." He is the one that brings the cuisine alive and leaves customers dying to know the recipes for his wonderful sauces. In our May class, we will teach the basics of creating stocks that are the foundation for all the incredible sauces that complement a variety of entrées and vegetables. Learn the fundamentals of making white stock, brown stock, and fish stock. Discover the different types of Roux, as well as how and when to use them to thicken your sauces. We will also learn about the "mother sauces" which are the foundation for the entire classic repertoire of hot sauces; the béchamel, veloute, espagnole, tomato, and hollandaise. The class fee is only \$5.00. Call 760-602-4650 to reserve your space. Look in our "Senior Specials" section in the coming months for future class information.

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Go To: ① www.carlsbadca.gov/parksandrec ② Click on subscribe to e-mail newsletter and follow directions on screen.

Organization Contacts

Aging and Independence, Services For Assistance,	
Information, or for Reporting Abuse	1-800-510-2020
Carlsbad Fire Department	760-931-2197
Carlsbad Police (Non-Emergency)	760-932-2197
Elder Abuse in Facilities	1-800-640-4661
	(or) 1-858-560-2507
In Home Supportive Services, North County	760-480-3424
Medicare Plan References	
www.medicare.gov	1-800-633-4227
Senior Shield Scam Hotline	858-715-1648
North County Coastal Mental Health Services	760-967-4475
Seniors & Teens Hotline	211

Senior Center Contacts

Activities, Valerie Fisher	760-602-4654
Dining Room Reservations (24 Hours)	760-602-4655
Online Reservations: www.carlsbadca.gov/parksandrec	
Facility Reservations, Roger Egan	760-602-4659
Home Meal Delivery, Vincent Rodrigues	760-602-4652
Legal Assistance	760-439-2535 x 205
Medical Insurance Assistance (HICAP)	1-800-434-0222
Program Registration	760-602-4650
Transportation Reservations	760-602-4650
Online Reservations: www.carlsbadca.gov/parksandrec	
Fitness Room Membership	760-602-4650
The Senior Center Hours:	Mon-Fri, 8:00 a.m. to 5 p.m.